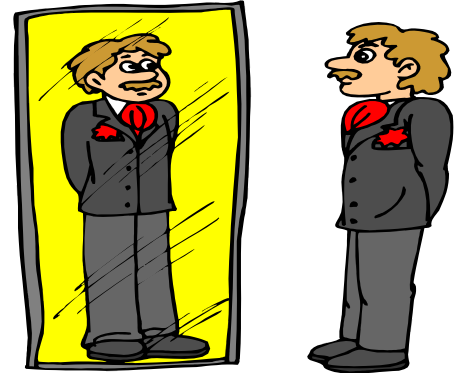


Self-Esteem

Self-esteem is how you think and feel about yourself. Good self-esteem may make it easier for you to make changes to manage your weight.



Here are some suggestions to improve your self-esteem:

- Set easily achievable, realistic short-term goals. Reward yourself for meeting your goals.
- List positive things about yourself. Examples: “I am really a good person”; “I truly can do whatever I put my mind to doing”.
- Be assertive, and express yourself.
- Strive to make the best of your appearance regardless of your weight.
- Focus on your strengths rather than dwelling on your weaknesses.
- Always think positively!
- Surround yourself with people who value you for who you are.

